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Books – Elliot Jurist, Ph.D., Ph.D.

This book, *Minding Emotions: Cultivating Mentalization in Psychotherapy* (The Guilford Press, 2018), comes along 15 years later

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and “corrects” some aspects of the previous book as well as elaborates upon the emotional component of the mentalizing process.

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Minding Emotions: Cultivating Mentalization in Psychotherapy
Mentalization--the effort to make sense of our own and others' actions, behavior, and internal states--is something we all do. And it

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is a capacity that all psychotherapies aim to improve: the better we are at mentalizing, the more resilient and flexible we tend to be.

Minding Emotions: Cultivating Mentalization in ...

And it is a capacity that all psychotherapies aim to improve: the better we are at mentalizing, the more resilient and flexible we tend to be. This concise, engaging book offers a brief overview of mentalization in psychotherapy, focusing on how to help patients understand and reflect on their emotional experiences.

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His research focuses on mentalization and the role of emotions in psychotherapy. Dr. Jurist is the coauthor of Affect Regulation, Mentalization, and the Development of the Self and coeditor of Mind to Mind: Infant Research, Neuroscience, and Psychoanalysis.

Sample Chapter: Minding Emotions: Cultivating ...

Minding Emotions: Cultivating Mentalization in Psychotherapy
(Psychoanalysis and Psychological Science) Hardcover - 1 May 2018 by
Elliot Jurist (Author)

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Minding Emotions : Cultivating Mentalization in Psychotherapy, Hardcover by Jurist, Elliot, ISBN 1462534996, ISBN-13 9781462534999, Brand New, Free shipping in the US Jurist welcomes emotions in all of their complexity--how they manifest themselves (for better or worse) in everyday life, and especially in psychotherapy, and how people might cultivate their use without overstimulating their ability to fathom them.

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Minding Emotions: Cultivating Mentalization in Psychotherapy 1st Edition 2018. Mentalization--the effort to make sense of our own and others' actions, behavior, and internal states--is something we all do. Mentalization--the effort to make sense of our own and others' actions, behavior, and internal states--is something we all do.

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experience emotions, in my view, not all aporetic emotions are proto-emotions; the former is a larger category of which the latter is a part. My understanding of aporetic emotions corresponds to the subjective aspect of what Damasio (2010) has termed "primordial feelings" in his neuroscientific account of the evolution of the self.

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upon the emotional component of the mentalizing process. What does mentalization have to do with Psychoanalysis?

Elliot Jurist, "Minding Emotions: Cultivating ...

This concise, engaging book offers a brief overview of mentalization in psychotherapy, focusing on how to help patients understand and reflect on their emotional experiences. Elliot Jurist integrates cognitive science research and psychoanalytic theory to break down "mentalized affectivity" into discrete processes that therapists can cultivate ...

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In his new book – Minding Emotions: Cultivating Mentalization in Psychotherapy – Elliot Jurist reviews and reconceptualizes mentalization in psychotherapy, focusing on how to help patients understand and reflect on their emotional experiences. The book interweaves clinical vignettes with discussions of memoirs by comedian Sarah Silverman, poet Tracy Smith, filmmaker Ingmar Bergman, and neurologist Oliver Sacks.

Psychotherapy, Emotions, Communication and The Search For ...

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